

## **I. AMENDMENTS UNDER 37 CFR §1.121**

### **A. Amendments to the Specification**

Please replace paragraph [0010] with the following amended paragraph:

[0010] In one aspect the present invention provides an ~~a sliding exercise apparatus and recreational device apparatus~~ including at least one piece of stick-on sheeting having an adhesive outer layer, and an opposed outer layer consisting essentially of a low-friction, durable material: a sports board having a top for contacting a user, and a bottom, for sliding along a support surface, to which is adhered an adhesive layer of stick-on sheeting. The stick-on sheeting includes a low-friction, durable layer for engaging in sliding contact the support surface. Applied to the support surface is low-friction, durable sheeting for contacting the stick-on sheeting. The apparatus further includes area sheeting having a top surface consisting essentially of a low-friction, durable material, and an opposed adhesive bottom surface. The area sheeting has surface dimensions which are relatively large compared to those of the stick-on pieces. The low-friction outer layer of each piece is adapted for engaging in sliding contact with the low-friction top surface of the area sheeting.

Please replace paragraph [0011] with the following amended paragraph:

[0011] In another aspect the invention provides ~~a method for sliding exercise and recreation including the steps of:~~ (a) ~~adhering to a substrate at least one piece of stick-on sheeting having an outer layer consisting essentially of a low-friction, durable material;~~ (b) ~~adhering and conforming to a support structure, area sheeting having a top surface consisting essentially of a low-friction, durable material and having dimensions relatively large compared to the dimensions of each stick-on piece; and (c) adapting at least one stick-on piece for engaging its outer layer in sliding contact with the top surface of the area sheeting.~~ a sliding exercise apparatus and recreational device including the combination of a sports board and a support surface. The board has a bottom to which is adhered an adhering layer of a stick-on

sheeting. The stick-on sheeting has a low-friction, durable layer for engaging in sliding contact  
low-friction, durable sheeting supported by and in contact with the support surface.